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thenewhammag

issue 299 // 1 May 2014



**Use your
vote**

Have your say on
Thursday 22 May (p20)

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or visit **www.newham.gov.uk/party**



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1 May 2014 // issue 299



In this edition we take an in depth look at the upcoming elections. There's a four-page guide on how to vote (p15), as well as a list of candidates standing for Mayor of Newham, local councillor and European elections (p19) on Thursday 22 May.

We have an interview with former England football star, Sol Campbell, who returns to his old school in Plaistow (p10).

An investment into schools is an investment into our children's future. Learn more about how we're expanding our primary schools on page 6.

Enjoy the read

The Newham Mag team

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Regulars

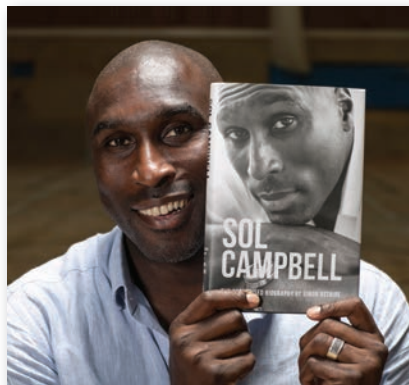
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IN BRIEF //

Police officer remembered

Newham Council placed flowers at the stone memorial in Ashlin Road, Stratford, to mark the fifth anniversary of the death of police officer Pc Gary Toms.

Pc Toms, 37, a member of the firearms team, sustained serious head injuries as he and colleagues attempted to stop a vehicle containing suspects wanted for aggravated burglary. He was taken to hospital but died from his injuries on 17 April 2009. Four people were later convicted of robbery and other offences.

Superintendent Ian Larnder from Newham Police said: "It is a fitting tribute to Gary that we gather each year to reflect and pay our respects."

School doing much better

A much improved inspection report from Government watchdogs Ofsted has resulted in Scott Wilkie Primary School in Custom House being removed from 'special measures'.

The school received a 'good' rating from inspectors with pupils making good progress and being praised as being 'polite and well mannered'. The quality of teaching, leadership and management was also applauded.

The school was rated 'inadequate' in 2012 and measures for improvement were put in place. Head teacher Keri Edge said: "Our improvement is down to a lot of hard work from everyone at the school."

Newham Mag

We are sorry to have to inform residents that the frequency of the fortnightly Newham Mag is currently under review. This follows new guidelines issued by the Department for Communities and Local Government.

We will keep residents informed about future editions via our website at www.newham.gov.uk and Twitter @Newhamlondon

Tidy collectors on the ball

Young footballers from the Swift Youth Centre in Plaistow put in a tidy effort and cleared sacks of rubbish from a section of the Greenway in Plaistow.

Newham Council provided protective gloves and rubbish bags for the collectors who were carrying out community work as part of a leadership course

being run at their youth centre in Barking Road. They also ran sports sessions for younger children and are due to do an outward bound course in Cumbria.

The group collected 40 bags of litter and two televisions from roads around Newham University Hospital and part of the Greenway. Newham Council collected and disposed of the rubbish. Participant Aaron McKnight said: "We've enjoyed working together on this project. We couldn't believe how much rubbish people just throw away without thinking."

The Swift Centre is open on Tuesdays from 6-8.30pm (youth club); Thursdays 6-8.30pm (girls club); Thursdays 6-8pm (football training); and Fridays 7-10pm (youth club).



The young collectors

Youngsters shine in big debate

Four young orators showed they know how to win an argument by claiming top prize in the Young Mayor's Big Debate competition.

Harsimran Bahra, Aisha Khankhara, Halima Ketrouci and Sinthuja Balakumaran, teamed up to speak against a motion that it should be mandatory for young people after school to either join the military or complete community service for a year.

Each member of the team won vouchers worth £50 for Westfield Shopping Centre and medals from Newham's Young Mayor Jonathan Bennett. Jonathan said: "The competition has given young people confidence to express their views."

The Young Mayor's Big Debate programme aimed to give youngsters aged 11 to 18 the ability to form and structure complex arguments as well as being able to rebut their opponent's points. The final of the competition involving more than 40 young people took place at the council's Newham Dockside offices and followed three earlier debate rounds.



From left: Harsimran, Deputy Young Mayor Adam Khaliq, Aisha, Young Mayor Jonathan Bennett, Halima and Sinthuja



News

Sister Sledge top Under the Stars bill

One of the world's most successful female groups, Sister Sledge, will top the Thursday night bill at this year's Under The Stars musical extravaganza.

The four-night free spectacular organised by Newham Council takes place in Central Park, High Street South, East Ham, from Thursday 14 to Sunday 17 August. The Grammy Award winning disco divas will be singing classic hits such as *We Are Family*, *He's the Greatest Dancer*, *Lost in Music* and *Frankie*.

Malkit Singh MBE is among the major acts to play at the event on the Friday as well as highly regarded cover acts The Counterfeit Stones and U22 on the Saturday. The Royal Philharmonic Orchestra will be closing the event with a fireworks finale on Sunday evening.

Further musical acts are to be announced later in the summer. The gates will open at 6.30pm every night. For details visit www.newham.gov.uk/summer



Apprenticeships success

Newham Council is in the running for an award recognising its work in helping young people onto the career ladder.

The council, which has consistently recruited apprentices during the past 23 years, is shortlisted in the Employer of the Year category in the Mayor's Fund for London Awards 2014. The awards acknowledge individuals and organisations that have shown commitment to the improvement of employment opportunities for young Londoners.

Leanne Doig, from Silvertown, a construction apprentice on

Queen Elizabeth Olympic Park, is shortlisted in the Apprentice of the Year category.

The council's Youth Employment Scheme has been running since 1991 and is one of the longest running youth employment programmes in London. It has an 86 per cent success rate of supporting young people into employment at the end of their apprenticeship. At least 40 young people from Newham aged 16 to 18 work for the council at any given time. For details visit www.newham.gov.uk/YES



Plug pulled on illegal rave

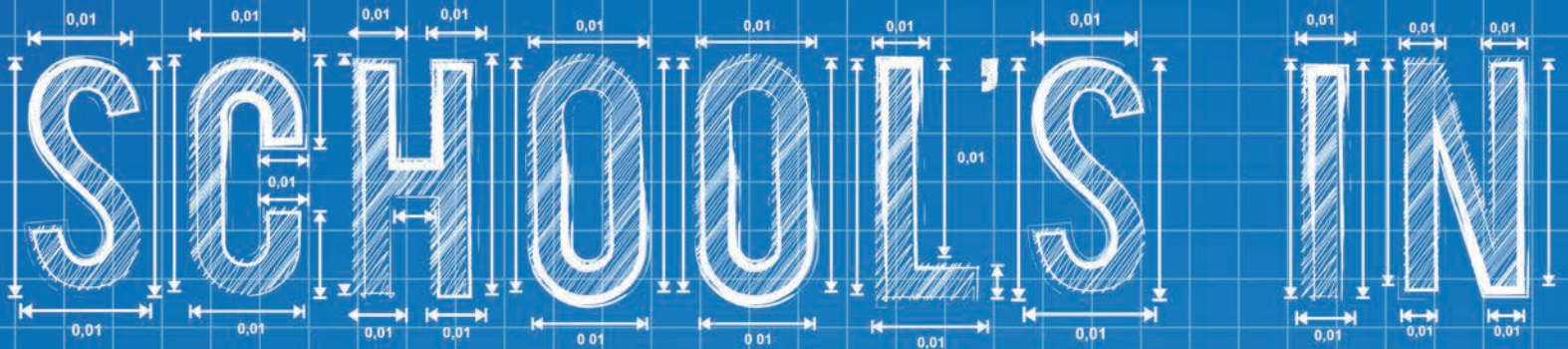
Newham Police, supported by Newham Council's enforcement officers, prevented an illegal rave over the Easter weekend that could have attracted thousands of people.

Police from Beckton's Safer Neighbourhood team and police officers funded by the council went to Solar House in Alpine Way following calls from local residents about a noisy party that took place on Saturday 12 April. Inside they found evidence of squatting, a commercial lighting system and an area intended as a bar with a price list and gas cylinder.

An electrical cupboard had been damaged and fuses were bridged with heavy duty wiring.

Police worked with the building's owner to serve an Interim Possession Order, which required the illegal occupiers to vacate within 24 hours or face enforcement action. They left within the designated period.

Beckton ward officer Pc Andy Whitfield said: "We thank the owner of the building for helping to stop the rave and secure the building."



Last month, Newham Council topped the table of all 33 London boroughs for having the highest percentage of first place offers for primary school pupils – more than 90 per cent. Overall, almost 99 per cent of Newham pupils were offered places at one of their six preferred primary schools.

Newham has the youngest population in the country. This means that investing in the future of our youngsters is one of the most important things that the council does.

Approximately £36 million is being invested in our schools as part of an expansion programme to create the additional 45 to 50 forms or 10,000 new primary school places that will be needed between 2008 and 2015.

To meet this demand, the council is creating new schools and increasing the number of forms of entry in the borough's popular schools

This September more than 4,600 children are looking forward to making the step from nursery to primary school and for many those first steps will be made in brand new school buildings.

Keir Hardie Primary School

As part of the £3.7 billion Canning Town and Custom House regeneration programme Keir Hardie Primary School in Canning Town is being rebuilt and 15 pupils took part in a celebratory tree planting to mark the completion of the new rooftop garden.

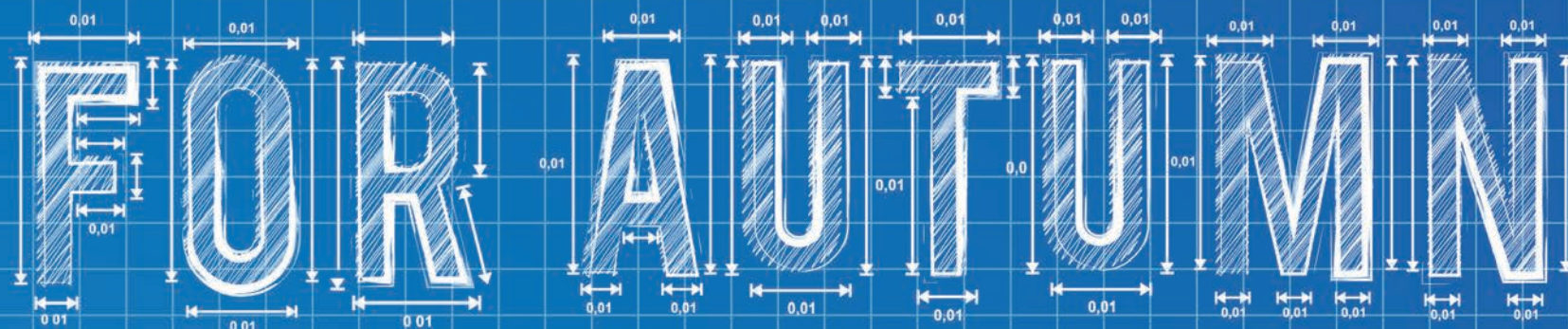
The rooftop garden is a multi-purpose space that includes a running track and an educational weather centre. The new school building opens in May and will have places for 420 children aged between three and 11.



North Beckton Primary School

At North Beckton Primary School, pupils donned high-visibility jackets and hard hats to take part in a topping out ceremony that celebrated the roof going on their new building. This development will provide 12 new high quality classrooms, as well as improved play areas for 210 new pupils and 13 new teaching jobs.





Roman Road Primary School

East Ham's Roman Road Primary School, which was originally built in 1971, is being transformed from a one-form entry into a high quality, three-form entry school with a new facility for two-year-olds.

The renovations to the school will include a new hall and entrance block and a two-storey wing which will house reception classrooms and a library.



St Stephen's Primary School

Excited pupils got a first sight of their new school building when they took part in its topping out ceremony. St Stephen's in Upton Park has just had a new two-storey block built, with seven new classrooms, support accommodation, a roof terrace, a dining hall extension and a new crèche. This will provide space for 210 new pupils and 14 new staff.

Upton Cross Primary School

This Plaistow school has been substantially expanded from a one-and-a-half form entry school located on one site, to a five-form entry school based over two sites. Work has also been carried out to modernise and improve external learning and play areas. Key Stage 1 and Key Stage 2 children from the school recently enjoyed a tour of the new building given by the project manager.



Work is also taking place in Kensington, Earlam, Woodgrange, Hartley, Central Park, and Portway Primary schools as well as Godwin Junior School. These developments will create 1,770 new school places for Newham children and almost 100 extra school jobs. To find out more about school primary or secondary school admissions, visit www.newham.gov.uk/schooladmissions



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Volunteer

Overcoming addiction

Volunteering to support people affected by substance misuse helped Harry (not his real name) overcome his own addiction.

Harry was introduced to drugs through acquaintances. He became addicted, and soon after lost his job and family.

Harry went to prison several times, but didn't know how to overcome his addiction.

After attending a rehabilitation centre, Harry met other struggling substance misusers and realised he wasn't alone.

Apart from weekly drug tests, an important part of Harry's rehabilitation, was sharing his triumphs and struggles at support groups.

Harry's peers identified with his story and were inspired by it. Drug misusers, police officers and advocates told Harry they had never heard anyone tell their story so openly.

That's when Harry decided he wanted to become a volunteer to help others like himself.

Harry registered with activeNewham. Funded by Newham Council, they work with the council to deliver volunteering and leisure activities in the borough.

Harry shares his story at events and was invited to apply as a volunteer for the Criminal Justice Intervention team (CJIT). The CJIT works with Newham Council to support drug misusers on release from prison.

Harry was successful and underwent training. He volunteered with the CJIT, meeting and greeting drug misusers on their release from prison, conducting assessments to establish their needs, and supporting them to access housing and education services.

Harry continues to volunteer with organisations giving public talks and providing one-to-one support to convicted drug misusers.

Harry didn't think he could overcome his dependency on drugs, but he found that by volunteering to support other substance misusers he was encouraging himself to stay clean.

"I reached my rock bottom and started coming back up. I love volunteering. It keeps me busy and made me feel wanted again. I belong to the community again. I'm giving something back to people who don't feel they can make it," said Harry.

Harry has fully recovered from his addiction, and his family has returned to him.

For more information about Newham Volunteers call **020 3373 1223** or visit **www.activenewham.org.uk/volunteering**



Sol laid bare

The Newham Mag spoke to the former England captain Sol Campbell, who is grabbing headlines once again as the no-holds-barred Sol Campbell – The Authorised Biography by novelist Simon Astore hits the bookshelves.

The book tells the story of how a young Sol, from humble beginnings in Stratford, rose to football stardom. The biography covers Sol's early years at Portway Primary and Lister School to the FA School of Excellence and through to football's heavyweight leagues playing for Tottenham Hotspur, Arsenal and England.

The former defender visited his old secondary school, Lister, to see how one of 100 most improved schools in the country had changed: "It's a different place since I was here. There's a lot more brick and glass. It's just so big.

"I've done a lot of book signings, I was doing things everywhere. I really wanted to come back and do something where I'm

from and show people where I have been, how I got there and that if I can do it, you can too," he said.

Like most footballers, Sol started his career playing on the streets. Very soon he was playing for his school team, and then the local district: "It was from a district game that someone asked me to go to West Ham United's youth team. I was there for a while and then returned to school and district football. I used to play at Flanders Field, East Ham and Terence McMillan Stadium, Plaistow, before joining Tottenham."

Twenty years ago football culture on the terraces was different. Being subjected to racism on the pitch seemed to be accepted

by most as part and parcel of a black player's job description. While opinion on Sol's recent claims about not being asked to captain the England team enough is divided, his personal experience on the pitch is clear: "Offensive chanting en masse, doesn't really happen anymore. My worst experience was at Sunderland; the whole crowd made monkey chants at me every time I touched the ball. You're not going to eradicate that behaviour completely, but what has happened over the years is that it has become unacceptable." Sol believes the way to tackle this behaviour is by having better minority representation in the FA Commission and in first teams: "If you want to show you're moving on, there should be



representation, people from black origin and women, at the very least, and build from there.”

Whatever position he has played, Sol's most controversial move is undoubtedly his transfer from Spurs to North London rivals Arsenal. Breaking the hearts of Tottenham's fans saw him named a Judas, but Sol stands by his decision: “Going into Tottenham's first team was a dream come true, but at that time only a few people were really busting their gut to get to the excellence level. That's when success comes, when everyone is trying everything in their power to be the best. You can't win anything if you haven't got guys doing that.

“Once I got to Arsenal I saw that

everyone was top. They did the extra bit when they didn't have to – whether in training or how they approached things. The set up and the structure was quality from top-to-toe. I felt very at home as I had people around me with the same mentality, on and off the field. Everyone was on the same level. We all wanted to win.”

Sol attributes his success to hard work and self-belief, themes that flow throughout the biography: “In life there are so many people that don't want to believe in you. If you can find that belief in yourself that's a good start. You will have troubles on the way, you will have people trying to knock you but you have to keep on practising so you become a complete

player, whatever sport you're into.”

To find out more about the secret to Sol's success you'll have to read the book.

Book a date with Sol

Sol will be signing copies of his biography at Newham Bookshop, 747 Barking Road, E13, on Wednesday 21 May from 5pm.

To be in with a chance of winning one of two signed copies of the book send your name, address and telephone number to *Newham Mag*, 1000 Dockside Road, London E16 2QU by Friday 23 May or email newham.mag@newham.gov.uk



Newham in pictures



1 By George, it's party time. Celebrating England's patron saint at the St George's Day Tea Dance, Old Town Hall, Stratford. **2** Taking time out for fun at the Jack Cornwell Centre, Manor Park. **3** Pupils from School 21 in Stratford take part in a World War I exhibition. **4** Reading session with young children at East Ham Library. **5** Reading all about it. The Gate Group Writers: Mike Hamilton, Pauline Grace, Paula Black and Kyoko Kobayashi take advantage of World Book Night giveaways in Forest Gate. **6** Young debate mates: participants in the Young Mayor's competition.



Are you a landlord, property developer or managing agent looking to let a property?

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- Deposit Bond to the value of six weeks rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now.

Telephone: 020 3373 1149

Email: PRSSupply@newham.gov.uk



Revised May Bank Holiday refuse and recycling collection days

Collection day	Revised collection day
Mon 5 May	Tues 6 May
Tues 6 May	Wed 7 May
Wed 7 May	Thurs 8 May
Thurs 8 May	Fri 9 May
Fri 9 May	Sat 10 May

Mon 26 May	Tues 27 May
Tues 27 May	Wed 28 May
Wed 28 May	Thurs 29 May
Thurs 29 May	Fri 30 May
Fri 30 May	Sat 31 May


Most recycling collections are now fortnightly.

Household waste remains a weekly collection.

Residents should visit **my.newham.gov.uk** for their collection calendar.

 **recycle** for Newham

visit www.newham.gov.uk/recycling

An illustration of a hand with an orange skin tone pointing its index finger down at a white sign. The hand is wearing a dark blue sleeve with a light blue button. The sign is white with rounded corners and a small tail pointing downwards.

HOW TO VOTE

Mayor of Newham, councillors
and European elections
Thursday 22 May 2014

HOW TO VOTE

One day, three elections

Mayor of Newham, councillors and European Parliament elections Thursday 22 May

On Thursday 22 May, Newham residents can have their say on who will run Newham Council for the next four years as well as who will represent them in the European Parliament.

Why should I vote?

Your vote helps to choose the people who run your local area and Europe. These people decide things which affect everyone, including libraries, schools and the local environment. So it is important that everyone has a say in who is elected.

Follow our simple step by step guide to make sure you can use your vote on Thursday 22 May.

Where to vote

The council will send you a card just before the elections. This is called a polling card. It tells you where and when to vote. Polling is another word for voting. You do not need your polling card to vote. **YOU CAN ONLY VOTE AT YOUR DESIGNATED POLLING STATION.**

If you are unsure where your polling station is, please visit www.newham.gov.uk/elections Free internet and computer access is available in all Newham libraries.

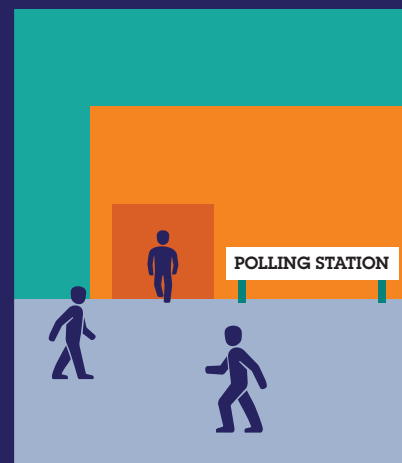
Contact us

For more information regarding the elections taking place in Newham on Thursday 22 May, please contact us:

Electoral Services

Room 38
Newham Town Hall
Barking Road
London
E6 2RP

Email: elections@newham.gov.uk
Web: www.newham.gov.uk/elections
#NewhamVotes



- 01.** You should have received your polling card letting you know where your polling station is.



- 06.** They will also check your details and make sure that you are registered to vote.



- 11.** On the white ballot paper, put a cross next to your chosen political party or independent candidate.

The election in numbers



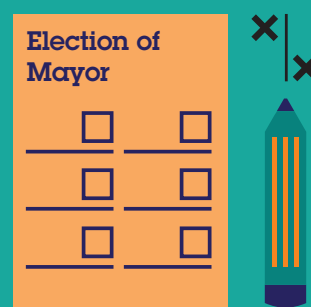


02. If you are unsure where your polling station is, you can find out at www.newham.gov.uk/elections

03. The elections will take place on Thursday 22 May.

04. You will be able to vote at any time between 7am in the morning and 10pm at night.

05. There will be someone available at your polling station to answer your questions.



07. You will be given up to three ballot papers – one for each election.

08. Once you have your ballot papers, you can go into a private booth to cast your votes.

09. On the peach ballot paper, put a cross next to your first choice for Mayor in the first column and a cross in the second column for your second choice for Mayor.

10. On the yellow ballot paper, put a cross next to your three chosen councillors for Newham Council.



12. Put your peach ballot paper in the appropriate box.

13. Put your yellow ballot paper in the appropriate box.

14. Put your white ballot paper in the appropriate box.

15. Now read all about how your votes have influenced the way your local area and the country is run.

200,000 voter registration letters have been hand delivered to Newham homes. **20,000** requests for postal vote requests have been sent to residents. **126** buildings have been secured for use as polling stations on 22 May. **192,774** polling cards will be hand delivered. **103** canvassers have visited homes throughout the borough to obtain or confirm the details of residents who did not return their voter registration form. **500** people will be employed to count votes in Newham.



ICONIC 2012 GAMES CYCLING VENUE TO HOST ELECTION RACES

The iconic velodrome in Lee Valley VeloPark, where Sir Chris Hoy, Victoria Pendleton, Laura Trott and Sarah Storey won Olympic and Paralympic gold medals in 2012, is to host races of a different kind – election races.

Newham Council will be using the world's premier cycling venue as its verification centre for votes cast on Thursday 22 May in the elections for Mayor of Newham, Newham councillors and who will represent you in the European Parliament.

The infield of Lee Valley VeloPark's velodrome on Queen Elizabeth Olympic Park will swap bicycles for ballot boxes as votes cast in the Mayor of Newham and councillor elections will be counted there on Friday 23 May. Votes cast in the European election will be counted at Newham Town Hall in East Ham on Sunday 25 May.

Kim Bromley-Derry, Newham Council's

chief executive and returning officer, said: "Thursday 22 May is going to be a very busy time for voters in Newham with residents making their choices in three elections on the same day.

"We are excited about being able to use Lee Valley VeloPark's velodrome as our count centre. It fits our needs because we needed a venue large enough to be able to verify all ballot papers after the polls have closed and then count votes cast in the Mayor of Newham and councillor elections. The venue has been transformed since the 2012 Games and offers a vibrant community legacy not just for sport and cycling but also

for cultural and corporate uses."

Residents who are able to vote in the elections on Thursday 22 May need to be 18 years of age, a British, Irish, Commonwealth or European Union citizen and will need to be registered by Friday 6 May.

**To register and to find out more
visit www.aboutmyvote.co.uk**





GET READY TO VOTE

On **Thursday 22 May** there will be three elections:

- **Mayor of Newham**
- **Newham councillors**
- **Member of the European Parliament.**

Voting is your chance to have your say.

If you haven't registered to vote there is still time. You have until **Tuesday 6 May**. To find out more visit www.aboutmyvote.co.uk/register

Below and on the following pages you will find lists of the candidates for all three elections.

Mayor of Newham candidates

Newham has a directly elected Mayor who leads the council. Eight candidates have registered for the election on Thursday 22 May. Every registered voter in Newham will receive a booklet about each candidate and what they stand for.

These are your Mayor of Newham candidates:

Lois Austin
Trade Unionist and Socialist Coalition

Alex Ocan Latim
Christian Peoples Alliance

Jane Alison Lithgow
Green Party

Kamran Malik
Communities United Party

David Mears
UK Independence Party (UKIP)

Stefan Mrozinski
The Conservative Party Candidate

David Thorpe
Liberal Democrats

Sir Robin Wales
Labour Party Candidate

Newham councillor candidates

Newham has 20 wards (geographical areas). Three seats on the council are elected from each ward. Your candidates for the local council are listed below (first name, surname) alphabetically by ward:

Beckton

Syed Ahmed (Con)
Ayesha Chowdhury (Lab)
David Christie (Lab)
Chike Dunkwu (CPA)
Alec James Kellaway (Lab)
Winky Newman (CPA)
Adam Nowacki (Con)
Emmanuel Obasi (Con)
Yomi Taiwo (CPA)

Boleyn

Yasir Asif (Con)
Barbara Chukwurah (CPA)
Yaseen Farmer (Con)
Charity Fiberesima (Lab)
Obaid Khan (Lab)
Ben Robinson (TUSC)
Jamal Uddin (Con)
Harvinder Singh Virdee (Lab)
Stephen Williamson (CPA)

Canning Town North

Wahid Ali (Con)
Margaret Boateng (Con)
Ann Rosemarie Easter (Lab)
Moriam Fabode (CPA)
Clive William Furness (Lab)
Ruth Karashani (CPA)
Maxwell Lamin Marah (Con)
David Mears (UKIP)
Charles Mrewa (CPA)
Kay Diane Scoresby (Lab)

Canning Town South

Abul Abdullah (Con)
Bryan Collier (Lab)
Alan Griffiths (Lab)
Faith Johnson (CPA)
Gareth Knight (Con)
Kay McKenzie (UKIP)
Jaja Rachel Nabudde (Con)
Ethel Odiete (CPA)
Benjamin Stafford (CPA)
Sheila Madeline Thomas (Lab)

Custom House

Lynda Comson (CPA)
Rokhsana Fiaz (Lab)
Patricia Mary Holland (Lab)
Emily Knight (Con)
Conor Michael McAuley (Lab)
Jamie Ross McKenzie (UKIP)
Owen Moyo (CPA)
Najma Saher (Comm)
Kayode Shedowo (CPA)
Jimmy Songa (Con)
Naz Uddin (Con)

East Ham Central

Dominic Anthony (CPA)
Mohammed Azharuddin (Con)
Dipti Bakshi (Con)
Roja Chikka (CPA)
Ian Keith Corbett (Lab)
Unmesh Desai (Lab)
Cecilia Jameson (CPA)
Julianne Marriott (Lab)
Abdul Motin (Con)
Helen Pattison (TUSC)
David Thorpe (Lib)

East Ham North

Rod Finlayson (CP)
Biju Gopinath (Con)
Zuber Gulamussen (Lab)
Durai Kannan (Con)
Sunny MJ Latif (Lib)
Firoza Ahmed Nekiwalla (Lab)
Akorede Opemiyen (CPA)
Margaret Oluseyi Sadiq (CPA)
Moriamo Sadiq (CPA)
Paul Duraisamy Sathianesan (Lab)
Ilyas Sharif (Con)
Keerthikan Thennavan (TUSC)

East Ham South

Tony Ahmed Ade-Blaize (CPA)
Steve Hedley (TUSC)
Kamal Hussain (Con)
Nasima Khatun (Con)
Alex Ocan Latim (CPA)
Susan Ruth Masters (Lab)
Charles Meaby (Con)
Alice Olaiya (CPA)
Quintin Brian Peppiatt (Lab)
Lakmini Sewwandi Shah (Lab)

Forest Gate North

Seyi Akiwowo (Lab)
Alan Charles Cooper (Grn)
Lynn Denise Donaldson (CPA)
Christina Doyle (CPA)
Shaeb Khan (Con)

Dawn Lennon (Con)
Jane Alison Lithgow (Grn)
Brian Maze (Con)
Christian Moon (Lib)
Ellie Robinson (Lab)
Bob Severn (TUSC)
Rachel Tripp (Lab)

Forest Gate South

Mahboob Rizu Ahmed (Con)
Asif Choudhury (Con)
William James Francis Heron (Lib)
Niall Mulholland (TUSC)
Dieutane Jean Parson (CPA)
Masihullah Patel (Lab)
Tim Roll-Pickering (Con)
Winston Vaughan (Lab)
Ionel Vrancianu (Ind)
Dianne Walls (Lab)
Malcolm Williamson (CPA)

Green Street East

Ashfaq Ahmed (Con)
Shahan Ahmed Con
Jose Alexander (Lab)
Lois Austin (TUSC)
Cherie Ann Donaldson (CPA)
Charles Benjamin Laing (CPA)
Mukesh Patel (Lab)
Kamran Qureshi (Con)
Rohima Rahman (Lab)
Bob Rush (UKIP)

Green Street West

Hanif Abdulmuhit (Lab)
Saiful Choudhury (Con)
Mark Dunne (TUSC)
Idris Ibrahim (Lab)
Blazo Nikivorovic (CPA)
Christopher Oching (CPA)
Yvonne Perry (CPA)
Tahmina Rahman (Lab)
Mufti Shah Sadruddin (Con)
Abdul Karim Sheikh (Con)
Rushna Mehboob Sulyman (Ind)

Little Ilford

Oluwayemisi Anthony (CPA)
Andrew Baikie (Lab)
Ken Clark (Lab)
Ajab Khan (Con)
Prossy Namwanje (CPA)
Farah Nazeer (Lab)
Attic Rahman (Con)
Bunmi Taiwo (CPA)
Fazal Urrahman (Con)
Trevor Anthony Watson (Lib)

Manor Park

Sreedharan Boss (Con)
Jo Corbett (Lab)
Rahima Khatun (Con)
Cynthia Owusu-Addai (CPA)
Salim Patel (Lab)
Abdul Rafiz (Con)
John Edward Simmonds (CPA)
Amarjit Singh (Lab)

Plaistow North

James Beckles (Lab)
Mary Boateng Frimpong (CPA)
Forhad Hussain (Lab)
Walye Jahedi (Con)
Paul Martin Jobson (CPA)
Joy Hazvirehwi Laguda (Lab)
Eva Macadangdang (Lib)
Abul Mohshin Kazi (Con)
Md Robin Mustafa (Con)
Nnenna St. Luce (CPA)

Plaistow South

Michael Abrahams (CPA)
Aleen Alarice (Lab)
Tony De-Chavez (Lib)
Ashley Francis (Con)
Rois Miah (Con)
Ahmed Noor (Lab)
Mary Onishile (CPA)
Abdul Salam (Con)
Julia Sanmartin (UKIP)
Andrew D Williamson (CPA)
Neil James Wilson (Lab)

Royal Docks

Stephen Brayshaw (Lab)
Chris Buckwell (Con)
Rita Cossie Isingoma (CPA)
Alain Mbe (Con)
Anthony McAlmont (Lab)
Patrick Murphy (Lab)
Sam Nahk (Con)
Francis Olawale (CPA)
Daniel Charles Oxley (UKIP)
Bill Perry (CPA)

Stratford and New Town

Julie Afiari (CPA)
Florence Asiwaju-Dada (CPA)
Augustine Chipungu (Con)
Richard James Crawford (Lab)
John Olu Falana (CPA)
Matt Gass (Con)
Bilal Hassan (Con)
Charlene McLean (Lab)
Terry Paul (Lab)

Wall End

Gopinathan Benoy (Lib)
Frances Clarke (Lab)
Lester Thompson Hudson (Lab)
Amal Raj Kakumanu (CPA)
Sashir Raj Kakumanu (CPA)
Jawad Khan (Con)
Biju Koshy (Con)
Shakila Masih (Lib)
Ibrar Ahmed Mir (Con)
Bob Singh Mudhar (Ind)
Arunasalam Pirapaharan (Lib)
Ted Sparrowhawk (Lab)
Sharmila Sundar Swarna (CPA)

West Ham

Mary Antwi (Con)
Michael Edward Armstrong (UKIP)
Freda Ann Bourne (Lab)
Sheila Iris Brown (CPA)
Farhana Firdous (Con)
Edgar Aguinaldo Garen (Lib)
Matej Gasparic (Con)
John Gray (Lab)
Myrtle Verona Laing (CPA)
Joe Mettle (CPA)
John Whitworth (Lab)

European Parliamentary Election

Below are your candidates for the eight Members of the European Parliament for the London Region. They are listed by party.

4 Freedoms Party

Dirk Nicholas Downing Hazell
NoelleAnne O'Sullivan
Geoff Gibas
Aline Regine Simone Renée Doussin
Andrew Bell
Deborah Claire Phillips
Royston Alexander Flude
Brendan Patrick Donnelly

An Independence from Europe

Patrick Burns
Marlene Daniel
Gareth Griffiths
Munpreet Bhathal
Sharon Greenfield
Eddie Yeoman

Fred Atkins
Jean Atkins

Animal Welfare Party

Vanessa Helen Hudson
Alexander Leslie Bourke
Kirsteen Williamson-Guinn
Andrew David Knight
Dimple Patel
Meg Mathews
Guy Richard Dessoy
Ranjan Kumar Joshi

British National Party

Stephen Squire
Donna Treanor
Paul Sturdy
John Clarke
David Furness
Cliff Le May
Ray Underwood
Kevin Lazell

Christian Peoples Alliance

Sid Cordle
Yemi Awolola
Ashley Keith Dickenson
Sharmilla Sundar Swarna
Laurence Williams
Ethel Onoriode Odiete
Kevin William Nichols
Stephen Hammond

Communities United Party

Kamran Malik
Humera Kamran
Cydatty Bogie
Mary Coleman-Daniels
Idris Aden Ali
Reuben Agharese Edokpayi
Sunita Kaur Singh
Joanne Flanders

Conservative Party

Syed Salah Kamall
Timothy Charles Ayrton Tannock
Marina Yannakoudakis
Caroline Louise Attfield
Lynne Rosemary Hack
Sheila Margaret Mary Lawlor
Glyn Edward Chambers
Annesley George Abercorn

English Democrats

Jenny Knight
Matthew Roberts
Maggi Young

Graham Clipperton
Gary Butler
Nick Capp
Louise Dutton
Natalie Smith

Europeans Party

Tommy Iuliu Joul Tomescu
Andrzej Rygielski
Vanessa Del Carmen Guerrero Rodriguez
Robin Ashenden
Emil Yuliev Rusanov
Georgios Papagrigorakis

Green Party

Jean Denise Lambert
Caroline Jane Allen
Haroon Saad
Shahrar Ali
Danny Bates
Tracey Jo Hague
Violeta Vajda
Amelia Womack

Harmony Party

David Vincent

Labour Party

Claude Moraes
Mary Honeyball
Lucy Anderson
Seb Dance
Ivana Bartoletti
Kamaljeet Jandu
Sanchia Alasia
Andrea Biondi

Liberal Democrats

Sarah Ann Ludford
Jonathan Harold Fryer
Richard Adam Davis
Anuja Prashar
Rosina Robson
Turhan Ozen
Simon Alexander James
Matt J McLaren

National Health Action Party

Louise Irvine
Chidi Ejimofe
Marcus Chown
Kathryn Anderson
Rufus Hound
Jessica Ormerod
Andrew Sharp
Alex Ashman

National Liberal Party – True Liberalism

Graham Keith Williamson
Jagdeesh Singh
Sockalingam Yogalingam
Doris Jones
Upkar Singh Rai
Yussef Anwar
Araz Yurdseven
Bernard Dube

NO2EU

Edward Dempsey
Alexander Fraser Gordon
April Ashley
Annie Ngemi
Mary Gillian Davis
Paula Jane Mitchell
Natasha Marie Hoarau
Michael Gilbert Carty

UK Independence Party (UKIP)

Gerard Joseph Batten
Paul James Oakley
Elizabeth Eirwen Jones
Lawrence James Webb
Alastair Duncan James McFarlane
Anthony Geoffrey Brown
Andrew John McNeils
Peter Robin Whittle

Don't forget to vote

There are 126 polling stations in Newham. Polls are open from 7am-10pm on Thursday 22 May. The polling station is normally a school or a hall near where you live. The full details will be on your polling card or you can find an interactive map on our website at www.newham.gov.uk/voting

For more information about how to vote turn to page 15. If you haven't registered to vote yet, you only have until Tuesday 6 May. To register or for more information visit www.aboutmyvote.co.uk/register

Still a chance to run the park

A number of free places for this year's National Lottery Newham London Anniversary Run have not been redeemed. This means there is still a chance for lucky Newham residents to take part for FREE.

On Sunday 20 July, runners will be able to celebrate the legacy of London 2012 by taking part in a five-mile adult run or a two-kilometre family event in Queen Elizabeth Olympic Park

The course goes past the Lee Valley VeloPark, London Aquatics Centre and the Copperbox. You'll get the chance to see the athletes' former Olympic Village, as well as experience the beautiful new parklands and river ways.

To be in with a chance of securing your free place register now at

www.newhamanniversaryrun.com

If you already secured a free place you were sent details of how to complete registration. If you did not do this your place is being reallocated.



Howard's way

People power was out in force last month when residents living around Howard's Road, Plaistow, took to the Greenway to clear a stretch of the covered sewer that had become a magnet for dumped rubbish.

Members of the Howard's Road Residents Association (HRRA) approached Newham Council for assistance to clear the rubbish from the land, which belongs to Thames Water, after repeated requests to the company to do so failed.

Last month, the HRRA spent a morning clearing the site. Newham Council provided a special collection to dispose of the rubbish, as well as litter picking equipment, protective clothing and basic health and safety training.



L-R: Anna Harbor, Tom Titmarsh, Kelvin McIntyre, Jade McIntyre, Neil Titmarsh, Jeff Jones and Gloria Williams

Try Something in Cody Dock

Live music, workshops and a skate ramp are some of the things you can enjoy at the Something event, taking place in Cody Dock on Saturday 17 May.

Starting at 12noon and finishing at 7.30pm, hosts Unitygroove, bring you reasonably priced food and drink, music, art, photography and a kids' play area. There's also the chance to swap toys and seeds, or anything else you might like to trade in.

Entry to the event is £3 for adults, children go free. Cody Dock is at 11c South Crescent, E16 (two-minutes from Star Lane DLR). For more information visit www.unitygroove.org

Celebrating Onam

A special school assembly, organised by East Ham's Hartley School in partnership with the Malayalee Association of the UK (MAUK), was held to mark the culmination of nearly three weeks of learning about Onam, Kerala's harvest festival.

The assembly told the tale of King Mahabali and demonstrated traditional Onam games and Onam dance, kaikottikkali.

MAUK's Our Story project was a result of Heritage Lottery funding to establish Onam as part of the heritage of the UK's Malayalee community. The project has created Key Stage 2 learning resources and lesson plans on the topic of Onam so other schools can learn about Malayalee heritage.

Balamurali Nair, chairperson of MAUK, told the assembly: "I was once a pupil here myself. It was a very emotional moment for me today watching this wonderful demonstration by the children about what they have learned about Onam."

For more information email ourstory@mauk.org



Tea dance with a twist



Our ever popular tea dances are expanding to provide fun for all the family.

On Saturday 24 May, from 2-5pm, Old Town Hall Stratford, Broadway, E15, will host the very first Newham family tea dance. If two left-feet have been keeping you from the dancefloor come along at 1pm and join in with the ballroom dance lesson, free for Newham residents with proof of address, or £2 for non-Newham residents.

Entry to the tea dance is £3, which includes refreshments, sandwiches, a free slice of cake and entry to the raffle. Under 16s are free and there'll be face painting and craft activities to enjoy.

For information visit www.newham.gov.uk/teadance
Email sandra.conolan@newham.gov.uk or call **020 3373 3938** to book your place.

Community connections



Creating Connections is a new networking event that brings together academics from University College London, the University of East London and community organisations.

A launch event will take place on Tuesday 13 May from 6-8pm, University Square Stratford, 1 Salway Place, E15.

Each event will be themed. Topics include: museums, heritage, and the arts; access to justice; urban planning; youth provision; volunteering; and health.

The deadline for booking your free place is Friday 9 May. To find out more visit

<http://uclu.org/creating-connections-east>

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
cannot return any entries.

GALLERY



Tasfia Tarannum, 7



Aiysha Khan, 8



Madhura Titre, 5



Shadzay Adeel, 9

Free membership at Stratford Picturehouse

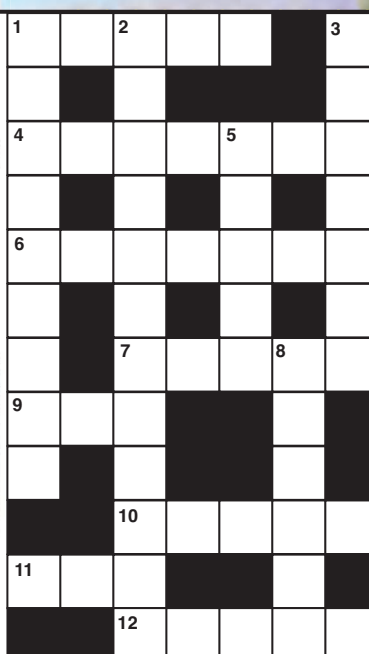
This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Stratford Picturehouse, Theatre Square, E15

Colour-me-in Crossword



Across

1. Musical instrument played with sticks (5)
4. Free time for enjoyment (7)
6. Broad streets in a city (7)
7. Cold dish of lettuce and tomatoes (5)
9. Take part in a play (3)
10. Bread browned on both sides (5)
11. Frozen water (3)
12. Hollow tube for sucking water from a glass (5)

Down

1. Dog with dark spots on its coat (9)
2. This country's cities include New York and Chicago (6,6)
3. Happy and content (7)
5. Normal (5)
8. Most northerly state of 2 Down (6)

Poem

The River Thames

The River Thames,
The beauty of the capital
With gentle waves, with its glamorous waters,
With a bit of help by the wind that pushes it,
To the ocean,
To the sea,
High up to the mountains
And down low to the sea grass.

It spreads out,
It dances about,
With the great feeling of happiness and excitement,
It waits until thoughts watch them,
play and dance together!

By Ullah Mohammed Shams, age 9

WHAT'S ON? 1 MAY

FIVE PAGES OF ACTIVITIES **MOSTLY FREE, ALL FUN**

OUR THRILLING THREE...

1

Steelpan workshop – learn the art of playing steel pan with Newham Steel Band. Fridays, 11am-1pm, at St Mark's Community Centre, 218 Tollgate Road, E6. Free. Call **07927 644 629**. Supported by a Newham Council Go For It grant.

2

Chess tournament – Saturday 17 May, Hopkins Room, Stratford Library, E15. 10-10.30am, registration. Tournament, 10.45am-3.30pm. Entry to the competition is £5. Call **020 7473 0233**

3

Sci-FIDO – don't miss the SCI-FI-LONDON dog show on Sunday 4 May, 1.30pm, Theatre Square, Stratford. It's free and it's the last day of the festival. **www.sci-fi-london.com**

MENTION THE MAG...

The JFI Karate Academy is launching a new "pee wee" class for three to six-year-olds. This kicks off with a free trial class on Wednesday 21 May, 4.15-5pm at the Hartley Centre, 267 Barking Rd, E6.

If you sign up for the beginners course on the day you can get a 15 per cent discount when you mention *The Newham Mag*.

Sensei Janice Francis-Irwin has studied karate since 1981 and has held World and European titles. For more information call **07818 000 643** or visit **www.jfikarate.co.uk**



TRY SOMETHING NEW... BECOME A TOASTMASTER

Do you like to be the centre of attention? Then why not become a toastmaster.

A toastmaster is responsible for proposing toasts and introducing speakers at a social event. The Stratford London Toastmasters (SLT) are starting a new club in Stratford Library, The Grove, E15.

On Monday 19 May, from 4-6pm, you can find out more about becoming a toastmaster at a free, interactive session in the library's Hopkins Room.

If you're interested in joining the SLT there is a one off £20 joining fee. Membership is £5 per month or £4.50 per month for Newham residents. The SLT will meet every first and third Monday of the month from 6-8pm. For more information visit **www.thelondonspeaker.com**



★ Indicates free sessions

ARTS AND ENTERTAINMENT



Comedy Night ★

Mon, 8pm, Theatre Royal, Gerry Raffles Sq, E15. Visit **www.stratfordeast.com/comedy-night**

UNDER-FIVES LIBRARY ACTIVITIES



Storytelling (under 5s) ★

Mon, 10.30-11.30am, Custom House
Mon, 11am-12noon, Beckton Globe
Tues, 10.30-11.30am, Canning Town
Tues, 11am-12noon, The Gate, Stratford
Thurs (during term time), 9.45-10.45am, East Ham
Thurs, 2-3pm, North Woolwich,

Plaistow

Fri, 11am-12noon, Manor Park, Stratford, Green St

Music and Rhyme

Tues, 10.30-11.30am, Custom House

YOUNG PEOPLE'S LIBRARY ACTIVITIES



Games Club (7-16yrs) ★

Sony PS3, Xbox360, Nintendo Wii, board games and much more.
Tues, 4-5.30pm, Custom House
Thurs, 4-6pm (term time only), Canning Town
Thurs, 4-5.30pm, Forest Gate

Homework Club (7-14yrs) ★

Mon, 3.30-5.30pm North Woolwich
Mon, 4-5.30pm East Ham
Mon, 4-6pm Stratford
Wed, 3.30-5.30pm Green St, Manor Park
Thurs, 4-6pm Custom House,

Plaistow

Fri, 3.30-5.30pm Beckton,
Canning Town
Sat, 10am-12noon The Gate

Board Games Club (7-13yrs)

Play chess, Checkers, Ludo, Pictionary and many more free activities.
Thurs (during term time),
4.30-6pm, North Woolwich

Young People's Book Club (7-13yrs)

Come and talk about your favourite books.
Tues (during term),
3.30-4.30pm, North Woolwich

Time-2-Craft

Take part in a variety of handicrafts.
Sat, 10am-12noon, Stratford

OTHER LIBRARY ACTIVITIES



Knit & Natter (16+yrs)

Wed, 10am-12noon, Beckton
Fri, 10am-12noon,
Canning Town
Tues, 10.30am-12.30pm,
Manor Park

Adult Reading Groups

Mon 12 May, 6.30-7.30pm,
Stratford. This month's book is *Apple Tree Yard* by Louise Doughty.
Thurs 15 May, 6-7pm, East Ham. This month's book is *Tales of the Unexpected* by Roald Dahl

Over-50s Club

Thurs, 10am-12noon,
Beckton Globe

Chess Club

Mon, 5.30-7.30pm, East Ham
Thurs, 5.30pm-7.30pm,
Stratford

Employability Skills

ESOL class with a focus on creating a CV and communication skills for work.
Mon, 12.30-2.30pm, The Gate

Family Arts Club (3-12yrs)

Sat, 12noon-2pm, The Gate

ESOL Class

Tues, 9.30-11.30am, The Gate.
English classes, women only

Coffee Mornings

Tues 13 May, 10-12noon,
Manor Park
Tues, 11am-12.30pm,
Custom House
Wed 14 May, 10.30am-
12noon, Stratford
Wed 21 May, 10am-12noon,
East Ham
Wed 21 May, 10.30am-
12noon, Green Street
Thurs, 10-11.30am,
Canning Town

Do It Online (18+yrs)

Free six or eight week basic computer training. Advance booking required, contact library directly
Mon, 10-11.30am,
Canning Town (term time)
Mon, 10am-12noon, Manor Park.
Tues, 10am-12noon, East Ham
Wed, 2-4pm, Stratford
Thurs, 10am-12noon, Green Street

COMMUNITY ACTIVITIES



NCT Newham Groups Bumps and Babies (up to 1yr)

A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email newhamnct@hotmail.com

Netmums Meetups

Bumps and Babies – Fri in various cafes around Newham. Other meet ups throughout the year for all the family. Join www.facebook/groups/meetupeastlondon, visit www.netmums.com or email jojostevie@live.com

Royal Docks Learning & Activity Centre

Mon, Employment Support sessions, by appointment only
Tues, Bingo, 10am-12noon, £1 Parent and Toddler group, £1, 10am-12noon
Weds, Coffee Morning, 9.30-11am
Keep fit class, 10-11am, £1
Learn to Earn – Employment Support Drop-in, 1-2pm
Sewing Classes, 10am-12noon, £1

Job Club, 10am-2pm

Shop and drop (60+), 10.15am
Women's Keep Fit, 10-11am, £2
Needlecraft, 10am-12noon, £1
Job Club, 10am-12noon
Thurs, Tai Chi, £2, first session free, 10.30am-12noon
Line Dancing for 50+, 1-3pm, £1
Royal Docks Learning & Activity Centre, Albert Rd, E16.
Call 020 7476 9922
Visit www.rdlac.org.uk

Music Therapy

Term time sessions, 3-5yrs.
Thurs, 3-4pm, Shrewsbury Children's Centre, E12.
Call 020 3373 6050
Fri, 2.15-3.15pm and 3.45-4.45pm, Susan Lawrence Children's Centre, E12.
Call 020 3373 7227
www.newham-music.org.uk

Guitar Lessons (7+ yrs)

Fri (term time), 3.30-5.30pm.
The Garden Community Café,
7 Cundy Rd, E16. Call 020 7474 5257

Table Top Sale

Sell your goods. £5 a table.
Last Sat of every month,
9am-2pm, Jack Comwell Community Centre, E12.
Call 020 8553 3459

BOXING AND SELF DEFENCE



Mon, Wed, Fri, 5-6pm
West Ham Boys ABC 9+yrs,
The Black Lion, 59-61 High St, E13. Call 020 8472 3614
Mon, Wed, 6.30-7.45pm,
white collar boxing.
Mon, Wed, 6.30-8.45pm,
kickboxing. Mon, Wed, Fri,
7-8.30pm Muay Thai. Peacock ABC, 8+yrs, Caxton St North, E16. Call 020 7511 3799
Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs
Mon to Fri, 5-9pm, 14+yrs
Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16+yrs)

Fri, 4-5pm, Katherine Rd Community Centre, 254 Katherine Rd, E7.



Knit and Natter

Shoujin Karate

Newham Shoujin Karate, Wed (term time), 4.30-5.30pm
Fri, 6-7pm and 7-8.30pm. Sun, 10-11am. Under-15yrs £4, 18+yrs £6, concs £5.
Newham Leisure Centre. Call 07508 070 638
Docklands Shoujin Karate, Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-15yrs £4, 16+ £6, concs £5. UEL SportsDock, call 07766 685 869

Gurumu Taekwondo

Mon and Wed, children 6-7.30pm, juniors and adults 7.30-9.30pm. Monega Primary School, Halley Rd, E12.
Call 07931 709 140

JFI Karate Academy (6-17yrs)

Mon and Wed, 5-6pm, first class free. The Hartley Centre, E6

JFI Karate Academy (3-6yrs)

Wed, 4.15-5pm,
The Hartley Centre, E6.

Intense Fitness (14+)

Workouts, boxing and wrestling. Fri, 8.30-10pm, £5.
The Hartley Centre, E6. Call 07878 253 642

Boxing (Newham College)

Mon, 5-6pm, East Ham Leisure Centre, E6.
Wed, 4-5.30pm, UEL SportsDock.

Tai Chi Chuan

Mon, 8pm, Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07958 293 200
www.absolutetaichi.co.uk



Newham Striders

Stratford Judo Club

Competition training, juniors (8-14yrs), Tues and Thurs, 6.30-8pm; seniors (15+ yrs), Tues and Thurs, 8-9.30pm. Beginners, juniors (8-14yrs) Wed, 6.30-7.45pm; seniors (15+ yrs), Wed, 7.45-9.15pm. From £2 per class. Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07985 601 260 www.stratfordjudo.com

Tang Soo Do

Mon and Thurs, 7-8.30pm, Our Lady of Compassion Church Hall, E13. Call 07768 394 725

Tang Soo Do

Tues, 7.30-8.30pm, The Hub, Canning Town. Sat, 1-2.30pm, Eastlea Community School, E16. Call 07725 948 426

NCFE Sports – MMA

Weds 5.30pm, boxing, muay thai, judo, kickboxing. Newham College, High St South, E6. Newham College participants register at sports@newham.ac.uk or call 020 8257 4255. External participants register at ruqsanabegum2k@hotmail.com Call 07984 009 135

HEALTH AND FITNESS



Lifestyle Health Assessment

Want to get fit for summer? email neusa@5starphysique.co.uk www.5starphysique.co.uk

Janice's Fitness

Mon, 7.15-7.45, flatter abs, £3 The Hartley Centre, E6

Zumba classes

Thurs, 7.30-8.30pm, London Tamil Sangam, 369 High St North, E12, £5. Wed, 7-8pm,

Hathaway Community Centre, Hathaway Cres, E12. Call 07720 805 505

Yoga

Weds, 6.45-7.45pm The Unitarian Church, West Ham Ln, E15. Tues 6.10pm and 7.10pm, Fri 10.30am, The Hub, 123 Star Ln E16. £6 (£4 concs). Call 07946 072 412 or

Twisted Pink Street Dance

7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri, 6-7pm, Maryland Studios, 84 Leytonstone Rd, E15. £3. Call 07961 544 017, visit www.twistedpink.org.uk

Zumba

Mon and Thurs, 6.30-7.30pm, £5. Plaistow Community Centre, 63 Queens Rd West, E13. Call 07916 327 541

Zumba fitness

Weds, 7.15-8pm, £3.50 Vicarage Lane Community Centre, Govier Cl, E15. Call 07759 020 955

Zumba with Jessica

Mon, 6.30pm, £2.50 Asta Community Hub, 14a Camel Rd, E16 Sat, 9.30am, circuits £4, Community Resource Centre, 200 Chargeable Ln, E13. Call 07884 951 484

Unity Zumba

Mon and Wed, 8-9pm, Hartley Centre, 267 Barking Rd, E6. Tues, 8-9pm, and Thurs, 8.15-9.15pm, St Mark's Community Centre, 218 Tollgate Rd, E6. Sun, 6.30-7.30pm, Well Community Centre, 49 Vicarage Ln, E6. £5. Call 07886 884 573

Massage Treatments and Energy Healing

Mon, 10am-1pm, St Mark's Community Centre, 218 Tollgate Road, E6. Drop-in or to book in advance call 07956 808 007. Bring a copy of The Newham Mag to receive free treatment.

Zumba

The ultimate dance fitness party. Wed, 7-8pm, £5. Bring water and a towel. Beckton Community Centre, E6

50+ ACTIVITIES



Newham Striders

Daily walking group Call 0844 414 2728

Ballroom Dancing

Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £2.50 per session. Call 07761 209 463

Nordic Walking

Wed, 9.30am. Meet at Lord Lister Health Centre, E7. Not suitable for wheelchairs, £2. Call 07783 660 429 Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13 Sun, 10-11.30am, Meet at East Ham Leisure Centre, E6

Tea Dance

Wed 14 May, 1-3pm, St Mark's Community Centre, E6

GREEN



Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club

Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

DOORSTEP CLUBS



Call 0844 414 2728 unless otherwise stated.

Gym & Basketball (14+yrs)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

Stunt & Tumble (14+yrs)

Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Way, E6. Call 07866 612 610

Athletics Club (14+)

A multi-sport session focusing on athletics, football and the gym.

Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756.

FEMALE SPORTS



Basketball Sessions

Women only, Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm. 11-15yrs. Newham Leisure Centre, E13

Female Boxfit (14+yrs)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13 Call 07970 783 526

Girls Football (11-16yrs)

Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm, Memorial Park, E15

Sheila's Yummy Mummy Buggy (16+yrs)

Mon, 10-11.30am, £5, Central Park, High St South, E6 (meet outside cafe in the park) Fri, 10-11.30am, Plashet Park, Plashet Grv, E6. Call 07908 614 958

Zumba and Tone

Tues, 1-2pm, £1. St Bartholomew's Church Hall, Barking Rd, E6 Call 07944 775 679

Ab-Attack

Mon, 7.15-7.45pm, £3 The Hartley Centre, E6. Call 07818 000 643

Sonia's Circuits (16+yrs)

Tues and Fri, 10-11am, £4, Ridley Christian Centre, 94 Upton Ln, E7. Call 07763 230 106

Body Blast (16+yrs)

Tues, 6.30-7.15pm, £5, Weds, 12.30-1.15pm, £5,

Thurs, 12.30-1.15pm, £5,
Fri (miniblast), 6.30-7pm, £2.50.
Talent Central, Unit 27a, 3
Armada Way, Gallions Reach
Shopping Park, E6.
Call 07866 612 610

Abs Blast (11-15yrs)

Thurs, 5.30-6pm, £3.10,
Newham Leisure Centre, E13.

Women United AFC (11+yrs)

Mon (term time), 6-7.15pm,
£1, Kingsford School, E6.
Call 07792 932 979

Athlefit (14-18yrs)

Athletic fitness, Wed, 5.30-
6.30pm, £1. Flanders
Community Centre, Napier Rd,
E6. Call 07718 394 756

Keepfit

Wed, 10am, £1, Chandos East
Centre, E15. Call 07950 944 095

Just Play (14+yrs)

Wed, 6.30-8pm, multi-sports
(term time). Cumberland
School, Oban Cl, E13.
Call 0844 414 2728

Get Back into Netball

Tues, 6-7.30pm, juniors,
7.30-9pm, seniors, £2. Lister
Community School, St Mary's
Rd, E13. Call 07717 281 529

Women's Badminton

Fri, 1-2.30pm, East Ham
Leisure Centre, E6, £2,
equipment provided.
Call 07930 162 505

Keep Fit – Stay Fit

Sat, 10-11am, £3.50. Jack
Cornwell Community Centre,
E12. Call 07795 064 116

Women's Zumba

Thurs 7-8pm, £4, Durning Hall,
Earlham Grv, E7.
Call 07884 951 484

Ladies Only Keep Fit

Weds, 10am, £1, Chandos East
Centre, Chandos Rd, E15.
Thurs, 10am, £1.50, Rokeby
Centre, Rokeby St, E15.

Julie's Mums On The Run

Weds, 10-11.30am, £5, or bring
a friend and both pay £4 each.
Abbey Lane Park, Stratford E15.

Call 07961 374 772

So Karate

Self defence carnival workout,
Thurs, 1.30-2.30pm, £2,
creche available. Beckton
Globe, E6

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Family Swims

Sat, 4.30-5.30pm, Newham
Otters Swimming Club,
Newham Leisure Centre, E13.
Call 07931 788 739
Sun, 12.30-2pm, Family Swim,
Balaam Leisure Centre, £5.
Call 020 7476 5274

Swim for Families

Dealing with Autism
Wed, 4-5pm, Balaam Leisure
Centre, E13. Call 020 7476 5274

Get Fit for Free

Tues, 1.30-3.30pm and Fri,
10am-12noon. Free gym
use for people with learning
disabilities. Newham Leisure
Centre, E13. To book an
induction call 020 7511 4477

Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brampton
Manor, Roman Rd, E6.
Thurs, 4.30-5.55pm,
St Angela's Ursuline School,
1 St George's Rd, E7. Email
cnourrice@englandathletics.org

Ability Club (14-25yrs)

Multi sports for disabled young
people. Weds, 5.30-6.30pm and
Fri, 4.45-6pm, NewVic, E13.

Trampoline

Sessions (U19yrs)

Tues, 4.30-5.30pm, U19yrs,
Newham Leisure Centre, E13.
Call 020 7511 4477

Mixed Swimming Sessions

Mon, Tues, Wed, Thurs, Sat,
Sun, 10am-12noon, East Ham
Leisure Centre, E6.
Call 0844 414 2728

Sensory Play (U5yrs)

(Term time) Fri, 10-11.30am,
Oliver Thomas Children's
Centre, Mathews Ave, E6. Email
kathy.holdsworth@oliverthomas.

newham.sch.uk or call
020 8821 0997

Disability Basketball

Fri, 4-5pm, NewVic, E13.

RUNNING

East End Road Runners

Tues and Thurs, 7pm
Sun, 9am. Meet on the track.
Coached sessions for
all abilities. Newham Leisure
Centre, E13. Call 07979 261 647

Run England

£2 unless stated.

Sun, 10am-12noon, Newham
Leisure Centre, E13, (meet on track).
Mon, 4-5.30pm, Newham Leisure
Centre, E13 (meet on track).
5.45-6.45pm, Newham
Dockside, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure
Centre, E13 (meet on track).
Weds, 12noon-1pm, Newham
Dockside, E16 (meet at reception)
Thurs, free, 5.15-6.15pm, UEL
Docklands Campus, E16
(meet at reception)
Sat, 10-11.30am, East Ham
Central Park, E6 (meet at the café)
10-11.30am, Wanstead Flats,
E12 (meet at Harrow Rd
Changing Pavilion)
10-11.30am, Memorial Park,
E15, £4 (meet at car park)
Call 07718 394 874

Beckton Park Run

Sat, 9am, Beckton Park South,
E16. Call 07718 394 756
www.parkrun.org/beckton

SPORTS

Cycling Lessons

Beginners, Wed, 10-11.30am.
Advanced, Fri, 10am-12noon.
Unit 4 Nelson Street Studios,
2 Nelson Street, E16. All
equipment provided.
Call 020 7055 0808 or visit
www.careinmind.org.uk

BMX (6-16yrs)

Sun, 10am-12noon, £3.
Gooseley Playing Fields,
St Albans Ave, E6.
Call 07961 333 615



BMX

Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2,
Lister Community School,
St Mary's Rd, E13, email
paul.farthing@activenewham.org.uk

Swimming (5-16yrs)

Newham Young Britons ASC
Sat (term time) 5.30-7pm. £2,
Newham Leisure Centre, E13.
Call 07956 304 518

Woodside Badminton Club

Fri, 7.30-9.30pm, intermediate
and club standard. £5
waged/£3 unwaged,
Carpenters Docklands Centre,
98 Gibbins Rd, E15.
Call 07956 150 240

Fencing with Newham Swords

Tues, 6-9pm, Thurs, 6-9pm
Fri, 7-10pm. Classes for adults
(18+) and mini-pirates (4-7yrs).
UEL SportsDock
Call 07956 618 898

Badminton

Thurs, 7-9pm (term time). £5
for a court and bring a racquet.
Little Ilford School, Browning
Rd, E12. Call 07944 117 263

Table Tennis

Tues, 4.45-6pm, NewVic, E13.
Thurs, 6.30-8.30pm, UEL
SportsDock

FOOTBALL

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-
6pm, U16yrs, U18yrs, 6-7pm
Newham Leisure Centre, E13.

Premier League (16+yrs)

6-a-side (4 subs) Weds, 7-10pm,
Newham Leisure Centre, E13.

WHU Kicks

Mon, Tues, Fri, 4-7pm,
WHUCST, Beckton 3G, 60A
Albatross Cl, E6.

Thurs, 6.30-7.30pm, Little Ilford
Learning Zone, 1 Rectory Rd, E12.

Thurs, 6.30-7.30pm, Stratford
Park MUGA, West Ham Ln, E15.

Sat 10.30-12noon, Newham
Leisure Centre, E13.

Football & Multi Sports

Mon, 4-5.30pm, Newham
Leisure Centre, E13.

Weds, 5-6pm, Stratford
MUGA, West Ham Ln, E15

Football and Athletics

Thurs, 4-5.30pm, Britannia
Village, 65 Evelyn Rd, E16.

AIR Football (16+yrs)

Tues, 1-3pm, Fri, 10am-
12noon, Memorial Park,
Memorial Ave, E15.

Fri, 3-5pm, Beckton
Powerleague, E6.

Visit www.airfootball.co.uk

Ascension Football

£3. Reception to 11yrs, Sat,
10-11.30am. King George V
Park, King George Ave, E16.
Call 07806 584 925

Men's Health Football Fitness Sessions

Sat, 10-11am, West Ham
United Community Training
Facility, 60a Albatross Cls, E6.
Call 020 7473 7724

BASKETBALL

NCFE Sports - Basketball

Thurs, 5-7pm, East Ham
Leisure Centre. To register
email sports@newham.ac.uk
or call 020 8257 4255

Youngbloods Basketball

All sessions cost £1.
U12yrs, mixed, Sat, 1-3pm,
East Ham Leisure Centre, E6.
U13/14yrs boys, Mon, 6-8pm
and Weds, 4.30-6pm, St
Angela's School, E7.
U13/14yrs girls, Mon, 4.30-
6pm and Weds, 4.30-6pm, St
Angela's School, E7.
U15/16yrs boys, Tues, 6-8pm,
St Angela's School, E7.
Thurs, 8pm, St Bonaventure's

School, E7.

U17/18yrs boys, Mon and Wed,
8-10pm, St Angela's School,
E7. Call 07958 307 657

Newham All Star Sports Academy (NASSA)

Sessions £1 unless indicated.
Juniors, Fri, 4-6pm

Cumberland School, Oban
Cl, E13.

National league U13yrs, U14yrs,
U16yrs, Tues, 6-8pm, Rokeby
School, Barking Rd, E16.

National league U18yrs, Tues,
8-10pm, Rokeby School,
Barking Rd, E16.

National league U13yrs,
U14yrs, U16yrs, Thurs, 6-8pm,
SportsDock.

National league U18yrs, Tues,
8-10pm, SportsDock.

Junior boys and girls,
Sat, 10.20am-12.20pm,
SportsDock, £2.

Call 07703 503 995.

www.nassasports.org.uk

National League

Mon, 6-8pm, U13/14yrs,
Tues, 6-8pm, U15/16yrs
Rokeby School, Barking Rd, E16.

Thurs, 4.30-6pm,
U13/14yrs boys, U14yrs girls;
6-8pm, U16yrs, Newham
Leisure Centre, E13,
6-8pm, U18yrs, Cumberland
School, Oban Cls, E13

Senior Programme

Mon, 7.30-9.30pm

Division 2 women and division
3/4 men. Rokeby School,
Barking Rd, E16.

Call 07947 401 616

Basketball Sessions

Thurs, 5.30-6.30pm, Little
Ilford Learning Zone, 1 Rectory
Rd, E12.

Thurs, 6-8pm (15+ yrs),
NewVic, E13 Until 1 May

Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs,
Snowhill MUGA, Snowhill
Rd, E12.

COMMITTEE MEETINGS

All meetings take place in the
Council Chamber, Old Town
Hall, Stratford E15

Tues 13 May, 7pm,

Strategic Development Control
Committee

Mon 19 May, 7pm,

Local Development Control
Committee

Tues 20 May, 7pm,

Strategic Development Control
Committee

Visit [www.newham.gov.uk/](http://www.newham.gov.uk/committee)
committee for updates.

CONTACT THE MAYOR

Mayor's Telephone Surgery

Please call 020 8430 2000
between 9.30am and 10.30am
and ask for the Mayor's
telephone surgery so a
member of staff can take your
details and arrange a callback.

Weds 14 May

LIBRARY CONTACTS

Beckton Globe

1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House

Prince Regent Ln, E16

East Ham 328 Barking Rd, E6

Green Street 337-341 Green St

The Gate 6-8 Woodgrange
Rd, Forest Gate, E7

Manor Park

685-691 Romford Rd, E12

North Woolwich

5 Pier Parade, E16

Plaistow North St, E13

Stratford 3 The Grove, E15

Archives and Local Studies

(limited postal and
email service only) call:
020 3373 6881 email:

[archiveslocalstudies](mailto:archiveslocalstudies@newham.gov.uk)

@newham.gov.uk

Community Outreach

Services To find out more call
020 3373 0813

LEISURE CENTRES

Balaam Leisure Centre

14 Balaam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

Newham Leisure Centre

281 Prince Regent Ln, E13

NewVic Prince Regent

Ln, E13

UEL SportsDock Docklands
Campus, University Way, E16

COMMUNITY CENTRES

Beckton Community Centre

14 Manor Wy, E6
020 7511 1214

Field Community Centre

147 Station Rd, E7
020 8536 2800

The Hartley Centre

267 Barking Rd, E6

Jack Cornwell

Community Centre

Jack Cornwell St, E12
020 8553 3459

Jayes Community Centre

1 James Cl, E13
020 8548 9825

Katherine Road Community Centre

254 Katherine Rd, E7
020 8548 9825

St Marks Community

Centre 218 Tollgate Rd, E6
020 7511 1214

Upton Community Centre

Claude Rd, E13
020 8552 8647

All listings may be subject
to change, please contact
individual events and
activities before attending.

Hundreds of services
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www.newham.gov.uk

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THE MAYOR'S NEWHAM CARNIVAL



2014

SATURDAY 12 JULY

The Mayor's Newham Carnival 2014 will take inspiration from this summer's football World Cup taking place in Brazil.

We are inviting local groups to join this vibrant procession through East Ham. It is a fantastic opportunity for community groups to gain new skills and be part of this visual spectacle alongside local schoolchildren and other Newham residents.

Register your community group's interest by emailing your contact details to
carnival@newham.gov.uk

For details visit **www.newham.gov.uk/carnival**


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**Mayor of
Newham**



V+ YOUR
VOTER IS

MAKE IT COUNT

Newham Mayor, councillors
and European elections
Thursday 22 May 2014

www.newham.gov.uk/elections #NewhamVotes

Last chance to register to vote – **6 May 2014** – www.aboutmyvote.co.uk